

Welcome to the TrimMD™ System

the breakthrough science of weight loss

Brought to you by Entrenet Nutritionals and A&Z Pharmaceutical, LLC

Dear Friends:

Welcome – and congratulations on being a member of our TrimMD™ System Launch team! The next 60 days will be ones you will always remember!

You are about to experience the secret to accelerated fat loss. Our three-step, scientifically balanced blend of targeted nutrition, energy-boosting food and fat-blasting activity super-charge your metabolism and keep you burning fat 24/7. With the TrimMD™ System, proven science meets real life:

- Lose up to three pounds a week
- Fight stress, cravings, fatigue, irritability and the blues while feeling full and satisfied
- Feel and look younger, stronger and leaner almost overnight
- Lower your risk of heart disease, diabetes, cancer and stroke
- Wake up energized and refreshed, sleep deeply and peacefully
- Feel happy, balanced and in control
- Create a success story that will change your life and inspire thousands
- Keep the weight off forever the safe, natural, healthy way... for life

We've created this mini-guide just for our Launch Team. Please read it – it has all the info you need to succeed. And just one more thing... We've been working with people like you for over 20 years. People who have struggled with their weight, tried every diet out there. People who have "failed" time and again. It's not your fault! Losing weight the right way isn't about eating just grapefruit, or kickboxing an hour a day, or a magic pill. It's about a balanced approach to nutrition and life that works every day. You are about to experience the power of that balance – the power of the TrimMD™ System. You can do it! We know you can. And we'll be here to help you every step of the way.

Let's Get Started!

your quick-start guide to success

For those of you who just can't wait to get started, here's a snapshot of our three-step system – remember, it's the scientifically validated balance between the three that accelerates fat loss.

- Step 1** Targeted Nutrition – You'll take two TrimMD™ Capsules 30 minutes before your three daily meals
- Step 2** Food – You'll eat metabolism-boosting protein and vegetables, while minimizing energy-sapping carbs
- Step 3** Activity – It'll be easier than you think with just 30 minutes of moderate activity every other day

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It's the scientifically-balanced combination of all three that counts!

Step 1 – TrimMD™ Before Each Meal

Taking TrimMD™ Capsules is simple – just take two capsules before each of your three daily meals with a large glass of water. What isn't so simple is the science behind TrimMD™. TrimMD™ Capsules are the result of years of research into the multiple reasons your body hangs on to fat. At last, you can feed your body the nutrients it needs to fight fat on every level with the targeted nutrition in TrimMD™:

- **Balance and stabilize blood sugar levels** – when blood sugar levels spike and drop throughout the day, four things happen... carb cravings are out of control, you're tired, unfocused and cranky, your body "locks in" stored fat, and your risk for disease climbs exponentially. The targeted nutrition in TrimMD™ minimizes blood sugar swings. Now, you're in control – of your mood, your cravings and your energy level.
- **Feel full and satisfied throughout the day** – over-eating is the quickest way to sabotage your weight-loss efforts. With TrimMD™, you get a pleasant feeling of fullness and satisfaction with less food – especially less of the carbs that go straight to your belly, hips and thighs.
- **Reduce the fat-inducing hormone cortisol** – stress promotes the production of cortisol, which actually tells your body to hold on to fat – especially around your mid-section. Now you're irritable, and unable to lose weight, causing even more stress. TrimMD™ contains natural botanicals that have been shown to lower cortisol, while boosting your mood and triggering the release of stored body fat.

Step 1 Super Booster: Drink at least eight 12oz. glasses of water each day to flush fat!

Step 2 – Metabolism-Boosting Super-Foods

Did you know that there are foods that fire your metabolism? These foods actually drive your body to burn stored fat! What are they? Lean proteins like chicken, fish and beef – and low-carb vegetables including all your favorites: broccoli, green beans and every kind of salad food. Carbs, especially simple carbs like refined sugar and flour, bring weight loss to a screeching halt. To accelerate fat loss, you need to watch two things: calories and carbs. For ladies, stick to 1200 calories a day, with no more than 240 calories (60 grams) from carbs. Gentlemen – 1600 calories with 320 (80 grams) from carbs. Choose carbs that are low on the glycemic index – fruit, whole grains or legumes. Not a numbers person? Don't worry. Buy the *South Beach Diet* book and stay on the Induction Phase throughout the TrimMD™ Test. And just one more thing... stop eating when you're full! With TrimMD™ you'll be satisfied with a lot less food. Give yourself permission to leave food on your plate. Remember: eat when you're hungry, stop when you just start to feel full.

Step 2 Super Booster: Don't eat after dinner! Late night snacking builds fat stores!

Step 3 – Fat Loss Accelerating Activity

Activity is the "on switch" for the fat-burning processes inside your body – melting fat away with every step you take. Best of all, by getting at least 30 minutes of activity every other day, you leave the switch "on" 24 hours a day, seven days a week. But consistency counts! You must get at least 30 minutes of heart-rate raising aerobic activity every other day! Try walking, bicycling, jogging, running, swimming, treadmill, exercycle, stair-stepper, aerobics or Tai-Chi. Mix it up – as long as you get 30 minutes every other day you can vary your routine. Try swimming today, walking tomorrow and biking the next. Just keep it up – it's worth every minute!

Step 3 Super Booster: Want to melt fat even faster? Work out every day for 30 minutes!

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What to expect – the changes, challenges and rewards that await you...

Changes

I know, you're probably asking: 'So how much weight will I really lose?' The answer to that question depends on your level of commitment to the Three-Step System. The people who've used the System lose up to five pounds each week. Stick with it and you can expect to lose at least:

- Two to three pounds each week for the first two weeks
- One to two pounds in the two to three weeks that follow
- One half to one and a half pounds a week every week after your first month

Beyond weight loss, the powerful combination of all three steps builds lean muscle – you can actually build muscle as you say good-bye to fat. The result is a toned, lean body and a sharper, clearer mind.

Track your changes!

OK, what we're going to ask you to do may be a challenge – but please, weigh in only once a week. Weigh in first thing in the morning, before you eat or drink anything. Record this weight and keep going with the System. Why just once? Your weight fluctuates throughout the day – and the week. Don't drive yourself crazy by watching your weight go up and down all day every day. Once a week is enough! Next – don't forget to measure. Measure your chest, waist, hip (9" below your natural waist), upper arm and thigh every week. As you build muscle and burn fat, often you will see your measurements drop before the scale shows your progress. And remember – we'll need these numbers later when you tell your success story.

Challenges

Your first couple of days may be a bit challenging. Don't be surprised if you notice an increase in carb cravings. They only last a few days – just ride them out, they'll go away soon. You may also feel a bit achy or fatigued. Your body is changing, give it time and your energy level will soar in less than a week. If you just don't feel like activity, do it anyway – you'll be surprised how quickly 30 minutes passes, and you'll feel great about yourself when you're done. And don't feel guilty – eat only when you're hungry, and get right back on the program if you miss a step.

Rewards

Beyond weight loss, you can expect other wonderful changes as well! Energy, an upbeat mood, lower blood pressure, steadily declining LDL and less stress are all big pay-offs. But the best reward of all is a trim, healthy body and mind for life.

Share Your Story – Inspire Thousands!

As a special member of our TrimMD™ System Launch Team you are writing a success story. Remember to record your weight and measurements weekly, and jot down your challenges and successes. Soon, you will be sharing your story and inspiring thousands.

Need some support? I'm just an e-mail away!

Sometimes we all get stuck, or have questions, or just need to check if we're doing something the right way. Please e-mail us if you have a question – we'll do my best to get back with you as soon as possible! You can reach us at: trimmdteam@entreneteam.com.